



Get Up, Get Out, And Go!: Unleash Your Inner Girl

Sunnie Givens

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Get Up, Get Out, And Go!: Unleash Your Inner Girl Sunnie Givens

Learn how to unleash your inner girl and enjoy life in *Get Up, Get Out, and Go!*

Author and life coach Sunnie Givens encourages readers to break out of their comfort zone and explore the world. In the spirit of Elizabeth Gilbert's best-seller *Eat, Pray, Love*, Givens urges women to travel courageously—solo if necessary—and to live courageously too.

Part travel guide, *Get Up, Get Out, and Go!* suggests target destinations and offers essential trip planning advice. For a good balance of options, Givens suggests getaways both close to home and abroad. With her own personal experiences for foundation, Givens seeks to help women both go and let go—using her childhood mantra, "One, two, three, jump!" This adventurous attitude can carry you as an adult, but only if you're ready to let go of your fears and take a leap of faith.

Get Up, Get Out, and Go! isn't just about traveling. It's about your journey to find inner peace and fulfillment. Givens, a Joyful Living coach and founder of the Shero Society of mentors, offers essential tips and tools to help you on your way.

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